



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Mota, Kathrin

□□: Spunksport Thale

□□: 350

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:06:29

□□: 8.37 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 475 (of 581)

□□□□□/□: 61 (of 106)

□□□□□□: 2:08:56

□□□□□: 8(of 19)

□□□□□□□: 2:36:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:46	6:17	5	1:21	33	4:58	3.30	20:46	6:17	5	1:21	33	4:58
Schlüsie	3.10	23:51	7:41	7	3:10	50	7:16	6.40	44:37	6:58	6	3:38	43	12:09
Hermannsklippe	2.60	21:56	8:26	9	3:43	55	7:21	9.00	1:06:33	7:23	7	7:21	48	19:30
Brocken	3.10	36:13	11:40	8	7:00	58	12:04	12.10	1:42:46	8:29	7	12:35	52	31:27
Eiserner Handwe	3.60	22:18	6:11	9	3:50	57	7:06	15.70	2:05:04	7:57	8	15:59	51	38:33
Schlüsie	4.10	22:13	5:25	7	4:17	62	7:07	19.80	2:27:17	7:26	7	20:16	50	45:40
Loddenke	3.10	18:20	5:54	12	4:43	77	6:13	22.90	2:45:37	7:13	8	24:59	57	51:53
Ilseburg/Markt	3.30	20:52	6:19	16	5:09	86	6:52	26.20	3:06:29	7:07	8	30:08	61	57:33